and often ancient methods and apparatuses used in catching fish in Ukraine are also worth mentioning. 000

The food of the peasants is almost exclusively vegetarian and consists of bread and cake, vegetables and milk. Although meat is eaten only on very special occasions, the menu is not monotonous. Bread is made of wheat or rye, in the mountains also of barley. The Ukrainians leaven their bread but, in contrast to the Russians, usually bake it without salt. Some unleavened kinds of bread ("mlynets", "perepitshka") are used for ritualistic purposes. 262 252

The national dishes in Ukraine are "borshtsh", a soup made of the juice of pickled beetroot ("kvas"); "halushky" boiled flour dumplings of unleavened buckwheat or wheat flour, "varenyky", called "pyrohy" in Western Ukraine, small flour pastries, filled with potatoes, curd, millet, cabbage and so on, which are boiled and eaten with sour cream, butter or honey; "holubtsy" = cabbage roulades; "kasha" = porridge; "kysil", a sourish porridge of flour; in Southern Ukraine "kulesha" or "mamalyga" = maize porridge and finally, different soups with dough ("zatyrka") and cabbage ("kapusnjak").

Ritual dishes are "kutja" (wheat and honey) and "uzvar" (Christmas dish of dried fruit). Salted lard ("salo") and bacon ("solonyna") are much used at cooking. In periods of fasting, food is baked in oil. Roasting and smoking are not usual cooking procedures, but boiling in pure butter or fat is popular.

The national beverages are brandy ("horilka"), mead ("med"), honey boiled with brandy ("varenukha"), "kvas", made of sour rye, biscuit or fruit, in places also a drink of millet malt ("braha") and birch, and maple juice. 273 ●

The Ukrainian is good at all peasant crafts, especially at wood work, carpentry, turnery and rope-making. Weaving and furrier-work is widely practised and ceramic work is done everywhere, while work in metal which was formerly common, has almost died out. Tailoring to-day is also mostly in the hands of foreigners. 32 28